

## 2010 Washington State Clinic June 4-6

Site: Northwest Aerials: 12440 128<sup>th</sup> Lane NE Kirkland 98034

Clinicians: Myra Efenbein RTC Region 7, Marvin Sharp Elite Coach, Bridget Sloan Elite Gymnast,  
Laurie Reid JO Region 2, Tony Ritrosi

SCHEDULE: SUBJECT TO SOME CHANGES

### FRIDAY

Friday June 4	Judges/Coaches Downstairs: Party Room
1:30 – 3:00	Beginning Judges Study Techniques A B C's of Judging: Nola OR PJ Roundtable Level 8-10 VT, UB, BB, FX
3:10 – 4:10	Range - Judging Level 4's Vault, Bars, Beam & Floor: Laurie & Nola
4:20 – 5:20	Judging Lv. 6 – 8 Bars: Myra
5:30 – 6:30	Judging Lv. 8 – 10 Beam: Myra
7:00 – 9:30	Judges Certification Nola TA
7:00 – 9:00	Practice Judging: Your Choice Myra monitor

Optional For A Day: Featuring Bridget Sloan and Marvin Sharp 3:00-5:30pm and 6:00-8:30pm

Judging clinic for parents: Understanding your gymnast's scores: 3:00-5:00pm and 6:00-8:00pm

**SATURDAY**

Saturday June 5	Judges/ Coaches Downstairs Party Room	Main Gym: Floor	Gym	Dance Rm
7:15 – 8:15	NAWGJ Board Meeting			
8:30 – 9:30	Judging Acro and Dance Connections on Beam and Floor			
9:35 – 10:35	Judging Angles on Bars: What was the degree?			
10:40 – 11:40	General Deduction on Beam and Floor: Emphasis on footwork/Practice Judge Vault			
11:40 – 12:15	Lunch			
12:20 – 1:20		Welcome State Recognition: Patti JO Update: Myra		
1:30 – 2:40		Compulsory Floor: Coaches/Judges Perspective: Reid (Footwork / Posture)	Teaching Opt. Vault: Sharp	Rec Bars: Ritrosi
2:50 – 4:00		Lv. 7-10 Teaching & Judging Artistry, Footwork, Posture Beam & Floor: Myra	Bars – Tap swings & Kipping: Sharp	Coaches As Educators: Ritrosi
4:10 – 5:20		Compulsory Beam: Coaches/Judges Perspective: Reid (Footwork / Posture)	Bars – Flyaway’s, Circling & Giants: Sharp	Games & WU: Ritrosi
5:30 – 6:30		Front Tumbling Lv. 5-10 Teaching: Sharp Judging: Myra	Conditioning it Never Stops: Tony Ammons	Handling Difficult Children: Ritrosi

SUNDAY

Sunday June 5	Judges / Coaches Downstairs Party Rm	Main Gym Floor	Gym	Dance Rm
7:15 – 8:15	7:15 Judges Social 7:30 – 8:15 State Judges Meeting: CPE			
8:30 – 9:40	Optional Floor How To Separate & Reward: Myra		Training Compulsory Vault and How To Integrate Optional Vaults into Schedule: Sharp	Cheap Marketing Ideas that work: Ritrosi
9:50 – 11:00	Optional Bars: What is good swing / technique: How to Separate & Reward Myra & Marvin			Drills and more drills: handstands:Ritrosi
11:10 – 12:20	Bridget Sloan: My schedule My Life as an Elite Athlete Training an Elite Athlete	Rec Floor: Ritrosi	Teaching Release Moves on Bars: Sharp Judging Perspective: Myra	
12:20 – 1:10	Lunch Roundtable:coaches/judges Discussion: Reid and Ayres Roundtable: Business			
1:10 – 2:10	Lv. 4 – 10 Coaching Backward Tumbling Beam & working through fear Kelle Riley and Nola		Back Tumbling & Twisting: Sharp Judging Perspective: Myra	Developing Strong Athletes: Ritrosi
2:20 – 4:00			Spotting Clinic: Beginning, Intermediate and advanced recreation skills	